

# **Bachelor of Science in Complementary and Alternative Medicine Final Year and Final Two Year Programs**

**Akamai University**

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**24 June 2017**

## **Welcome to the Complementary and Alternative Medicine Programs!**



To meet the challenges of our global healthcare needs, a multitude of issues concerning efficiency and economic imperative, public demand and satisfaction, safety and efficacy, access and ethics need to be addressed. Humanitarian and socio-cultural interest are driving changes of attitude and action in both our healthcare consumers and the conventional and politically dominant medical and healthcare systems through which they navigate. These changes demand reflective educational programs to provide leadership for the leaders of the future to meet these worldwide challenges.

Complementary Medicine which includes traditional health systems both ancient and modern are key resources to address these challenges; from the East to West and ranging from herbal medical practices to energy medicine, homeopathy, body-work and manipulative therapies; mind-body practices, environmental healing modalities, and beyond.

### **Mission Statement**

Thriving, maintaining, and achieving a healthy, joyful and empowered life are foremost priorities for the survival of the human condition worldwide. Each of us is unique and to achieve these goals in our personal lives has different parameters. Everyone can benefit from CAM, but some need more help from outside of their immediate situation to reach their full potential. Solutions are not only in the power of the individual but are shaped by the culture, societal norms, economics, ecology and the human condition one is born into, as well as broader societal, world and planet survival issues. We are all ONE, interconnected.

The goal of the CAM program is to be on the forefront of solutions, based on an integrated approach that incorporates broad social, economic consideration that affect our survival as well as our expanded full expression of health. The world has changed and we must change with it to incorporate solutions that move beyond science, ones that engage the arts, cultural perspectives, economics, technology and world peace.

Health, healing, well-being, happiness, empowerment, getting along, and thriving not just surviving is the goal of the CAM program. We use an integrative model that incorporates body, emotion, mind and spiritual perspectives in the individual, in the family, in the society, and in the world community. Through education, research and community service, the CAM program is dedicated to walk with the people, in the settings they live and work, in as well as be immersed in their cultural heritage to achieve health. How and if global issues are addressed, affects individual health and healing. What happens to the individual, the family, the nation, the world, the planet affects each and

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every one of us. Therefore, approaching the interdependency of all at the microscopic or macroscopic levels makes sense. The diversity which incorporates and honors cultural perspectives contributes to an enriched environment that expands our ability to grow and become all we can be. After all, isn't that what life and living is all about - reaching our full potential and contributing to the health and well-being of all?

Welcome to CAM approach!

To the extent to which Complementary and Alternative Medicine diversifies and extends healthcare concepts, responsibilities and options, however bright the promise, it also seems very bewildering. There are such a vast amount of healing modalities and options to choose from, many questions arise. Where do you begin? How and where did CAM originate? Do they work? If they do, what and who for, at what time, with what else, in what way, in which context and delivered by whom? How do we contribute to the published evidence base to document this? How do these diverse practices "complement", integrate with or even serve as alternatives to conventional care or other forms of "Complementary Medicine" for that matter?

Who is fit to practice? What and how are issues of safety, competence/expertise, and ethical practice addressed? How do we apply and develop optimal scientific and epistemological methods to address issues of efficacy, safety, satisfaction, development and integration? Where do professional regulation and appropriate business practices fit in? How are we to collaborate and communicate with one another when concepts and techniques are so varied? How can the history of healing systems give us clues to the farther reaches of possibility and development? How do we deepen and extend our current practices? How should media and information resources for the public be coordinated? How do we embrace technology to extend the reach of what is possible? These are all questions that demand critical reflection and systematic inquiry that are not major parts of most independent practitioner training programs in Complementary and Alternative Medicine.

Whatever the questions of interest are to you, they ARE the kind of questions we encourage you to explore with us through our degree and certificate programs in our School of Complementary and Alternative Medicine at Akamai University.

We welcome you and will do whatever we can to make your journey of development, learning and discovery an enjoyable one!

Kind regards,

Mary Jo Bulbrook, EdD, CEHM/S/I, HTCP., Program Director 12.12.2015

## **CORE CAM FACULTY**

- Mary Jo Bulbrook, EdD, RN, BSN, MEd, CEMP/S/I, HTCP, Dean, CAM Institute Program Director of Complementary Therapies and Alternative Medicine, Complementary and Alternative Medicine
- Melinda Connors, Ph.D., Complementary and Alternative Medicine Research, Deputy Director of CAM & Complementary and Alternative Medicine
- James L. Oschman, Ph.D., Complementary and Alternative Medicine
- Nick Arrizza, MD, Energy Psychiatrist
- Corina Guethlin, Dipl.Psych., Ph.D., Complementary Medicine
- Dan Benor, MD, Energy Psychology Psychiatrist
- Christopher K. Johannes, BA, MA, M.Ed. Ph.D., D.Sc. DHM, HD (R.Hom), D.Hom., NCC, LPC, RPP, MARH, TFT Dx., Integral Health Studies
- Beverly Rubik, Ph.D, Energy Research
- Michael J. Cohen, Ed.D. Ecotherapy
- Christina Ross, Ph.D, Complementary and Alternative Medicine, CAM Therapies
- Robert Maldonado, PhD, Complementary and Alternative Medicine, CAM Therapies
- Joel Bowman, PhD, Complementary and Alternative Medicine, Energy Psychology CAM Therapies
- Kimberly Burnham, PhD, Complementary and Alternative Medicine, CAM Therapies
- Leslie Whitcomb, PhD, Eco Therapy
- Ester Coronel De Ibernkleid, PhD, Energy Kinesiology, Complementary and Alternative Medicine, Energy Psychology, CAM Therapies
- Ronald Boivin, Ph.D., Energy Psychology, Complementary and Alternative Medicine
- Owen Owunwain, Ph.D., Energy Psychology, Complementary and Alternative Medicine, CAM Therapies

## **TARGET AUDIENCE**

The Complementary and Alternative Medicine Bachelor's Program is designed to serve the needs of entry level practitioners and scholars whose interests may include: Energy Medicine, Energy Psychology, Integrative Health, Energy Kinesiology, Energy Dynamics, Transpersonal Studies, Ayurvedic Medicine, Homeopathy, Naturopathy, Mind-Body Healing, and Chinese Medicine. Our CAM programs also serve scholars with interest in Herbal Medicine, Native American Healing, Therapeutic Bodywork, Expressive and Movement Therapies, Bio-energetic Technologies, Trans-cultural Medicine, Applied Eco-Environmental Energetics, and Health Education and Promotion.

## **ENTRY REQUIREMENTS**

As prerequisites for admittance to this Bachelor's program, for the **Final Two Year** program, applicants should have completed the secondary program, have at least two full years or equivalent in postsecondary studies and training in complementary or alternative therapies, and at least three years of meaningful career experience. For the **Final Year** program, participants should have completed the secondary program, have at least three full years or equivalent in postsecondary studies and training in complementary or alternative therapies, and at least three years of meaningful career experience.

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### **DEGREE REQUIREMENTS FINAL YEAR PROGRAM**

Participants completing the final year Bachelor's Program at Akamai must complete classes totaling 30 credits in order for their total credits overall is equivalent to 120 semester credits overall.

#### Semester One:

- CAM 401: English 4 (3 credits)
- CAM 411: Business Math/ Small Business Comp Science 1(3 credits)
- CAM 421: History of Psychology (3 credits)
- CAM 431: History of Western Medicine (3 credits)
- CAM 441: Survey of Health Practices Around the World (3 credits)

#### Semester Two:

- CAM 402: English 5/ Writing for Case Presentation (3 credits)
- CAM 451: Case Taking (3 credits)
- CAM 422: Psychological Theory and Practice (3 credits)
- CAM 432: Survey of Western Medicine (3 credits)

#### Semester Three:

- CAM 403: English 6/Scientific Writing (3 credits)
- CAM 459: Senior Project/Case Presentation (3 credits)
- CAM 423: Health Psychology (3 credits)
- CAM 433: Energetic / Medical Ethics (3 credits)

### **DEGREE REQUIREMENTS FINAL TWO YEAR PROGRAM**

Participants completing the final two-year Bachelor's Program at Akamai must complete classes totaling 60 credits in order for their total credits overall to be equivalent with 120 semester credits overall. Coursework outside CAM program are optional and listed below.

#### Year 1 – Minimum of 30 credits required

##### Semester 1

- CAM 321: Introduction to Psychology (3 credits)
- CAM 331: Anatomy and Physiology or Muscular Science (3 credits)
- CAM 311: Survival Math (3 credits)
- CAM 322: Life Skills and Self Care (3 credits)
- CAM 325: Healing with Nature (3 credits)

##### Semester 2

- CAM 332: Human Sexuality (3 credits)
- CAM 323: Child and Adolescent Psychology (3 credits)
- CAM 333: Herbal Studies 1(3 credits)
- CAM 352: Introduction to Homeopathy 1(3 credits)
- CAM 327: Food as Medicine (3 credits)

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### Semester 3

CAM 324: Marriage and Family Psychology (3 credits)

CAM 334: Transpersonal Psychology (3 credits)

CAM 335: Intro to Energy Psychology (3 credits)

CAM 336: Materia Medica Homeopathy 2 (3 credits)

CAM 339: Spiritual Practices and Health (3 credits)

Year 2 – Minimum of 30 credits required

### Semester One:

CAM 401: English 4 (3 credits)

CAM 411: Business Math/ Small Business Comp Science 1 (3 credits)

CAM 421: History of Psychology (3 credits)

CAM 431: History of Western Medicine (3 credits)

### Semester Two:

CAM 402: English 5/ Writing for Case Presentation (3 credits)

CAM 451: Case Taking (3 credits)

CAM 422: Psychological Theory and Practice (3 credits)

CAM 432: Survey of Western Medicine (3 credits)

### Semester Three:

CAM 403: English 6/Scientific Writing (3 credits)

CAM 459: Senior Project/Case Presentation (3 credits)

CAM 423: Health Psychology (3 credits)

CAM 433: Energetic Ethic Practice (3 credits)

## **COURSE DESCRIPTIONS**

### **CAM 321: Introduction to Psychology (3 credits)**

This broad based course will give the student a comprehensive overview of Psychology, including research methods, the historical roots and current issues in psychology, the function of the brain in mental health and illness, learning theory and intelligence, developmental issues, psychological disorders and psychotherapies.

### **CAM 325: Healing with Nature (3 credits)**

Nature surrounds us and influences our health and healing. By examining the role of nature in our lives we will be better prepared to maximize the positive influences in our situation to enhance health and minimize those things that are detrimental to our well-being. Exploration of the literature of this topic on health will include an investigation of the principles and practices that influence who we are and will become.

### **CAM 331: Anatomy and Physiology or Muscular Science (3 credits)**

Physiology and anatomy are branches of biology. In this class, physiology will deal with the study of organs and organ systems including the respiratory system, circulatory

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system, nervous system, cardiovascular system, skeletal system. Emphasis is laid on the functions carried out by the different systems. The participants will also investigate human anatomy, as the study of the structure of a living body, organs, cells, tissue and the electrical and chemical communication within the living body.

### **CAM 311: Survival Math (3 credits)**

This class in survival mathematics will introduce student's everyday topics for the use of math: food costs & nutrition, transportation & vacation costs, saving & checking accounts, household budgeting, buying on credit, job benefits & income, taxes, and miscellaneous.

### **CAM 322: Life Skills and Self Care (3 credits)**

An introduction to various fields within CAM and career opportunities. It also addresses student concerns about topics like study skills, learning styles, time management, and overall success in the CAM major. Combining discussions reading and a research paper, this course helps students develop the skills to be successful CAM practitioner, educator and or researcher.

### **CAM 327: Food as Medicine (3 credits)**

We are what we eat. Understanding this principle will influence our health and ability to survive and thrive. This class explores relative theory and practice towards a nutritional approach to health and well-being including cultural specific diets that contribute to the health or not and effective strategies to alter eating patterns to a "better way" of managing health. Financial considerations are to be considered.

### **CAM 332: Human Sexuality (3 credits)**

Human sexuality is center to who we are and our life's journey. This class comprises a comprehensive view of sexuality, ranging from psychological and sociological dimensions, covering topics such as homosexuality, masturbation, bisexuality, fantasy, female and male sexuality, special problems, sex therapy and cultural expressions. issues, sex therapy, ethical and legal aspects of sexuality, and art and sexuality.

### **CAM 323: Child and Adolescent Psychology (3 credits)**

Introduces students to five major branches of Clinical Psychology: psychopathology; diagnostics; psychotherapy; preventative interventions; and outcome assessment. A range of emotional, cognitive, and behavioral childhood syndromes will be covered. Risk factors, possible genetic, neural, biological, social and familial factors will be discussed, as well as interventions. These topics will be discussed both from a clinical and a research perspective.

### **CAM 333: Herbal Studies 1(3 credits)**

This class will explore the features of herbs and herbal medicine, natural health, herbal medicine, and nutrition. Topics will cover basic human physiology and common herbal remedies for each body system. Students will look into a number of herbal products, including herbal extracts, salves, lotions, syrups and teas.

**CAM 441: Survey of Health Practices Around the World (3 credits)**

Gaining a broader perspective on health practices around the world will orient the student to how to individualize health recommendations to be successful. Compliance to health regime is critical component to ensure that treatment is successful. Practitioners often neglect this essential component in realizing how to approach individuals and assure that they find ways that are culturally acceptable to their way of life. Imposing another's value is not the way to go.

**CAM 352: Introduction to Homeopathy 1(3 credits)**

This class will introduce participants to the theory and clinical aspect of homeopathic practices. It will investigate its' role as a medical practice guided by the belief that the body can heal itself without traditional medical intervention. An exploration into the "why" and "how" of homeopathy will open an additional perspective to support ones' CAM practice.

**CAM 324: Marriage and Family Psychology (3 credits)**

The dynamics of marriage and family relationships will be explored and examined according to the latest theories that provide a perspective to enrich the dynamics of ones' personal life. Topic include: the structure and function of marriage, aspects of the marital relationship, family systems, and ways counselors may approach marriage and family counseling as a creative, preventative, and healing ministry. Marriage and family theories and the history of marriage and family therapy will be included.

**CAM 334: Transpersonal Psychology (3 credits)**

This introductory class in transpersonal psychology will explore the theories, principles and practices of transpersonal psychology and examine the availability of research in the field. Going beyond the egoic perspective, it examines human experience and consciousness, behavior and creative expression beyond the self into spiritual realms and beyond.

**CAM 335: Introduction to Energy Psychology (3 credits)**

Energy Psychology is a major player in the field of psychology that has made an impact on how the mental health needs of clients are addressed. Some mental health practitioners have been slow to adopt this change while others are at the leading edge of this dynamic approach. This course serves as an overview to what is possible and how it differs from traditional psychological approach to mental health issues and covers the evolving theory, practice and research in this emerging discipline.

**CAM 336: Materia Medica Homeopathy 2 (3 credits)**

This class will examine the study of the action of drugs on individual parts or systems of the body and their isolated organs. Topics will explore the schematic arrangement of symptoms produced by selected classes of drugs, and examine them synthetically, analytically and comparatively. One goal of the class is to help the participant understand drugs and what makes a good prescriber.

**CAM 339: Spiritual Practices and Health (3 credits)**

The role of spiritual practices, beliefs and impact on health and healing will be investigated in this course. Getting at the in-depth needs of the individual requires a close examination of the foundation spiritual base of a person both in and out of awareness. By investigating this basis of the human condition, one is able to create a workable framework for transforming a persons life journey that will include an acceptable spiritual or non/religious tradition.

**CAM 401: English 4 (3 credits)**

This course is intended to give students a practical understanding of beginning techniques of nonfiction writing, taught through exercises, the writing of original nonfiction, and readings in contemporary nonfiction. Basic concepts in the study of the English language: history, semantics, syntax, and discourse.

**CAM 411: Business Math/ Small Business Comp Science 1 (3 credits)**

Business mathematics teaches basic math skills for financial situations. A student will learn how to keep a business, check book, organize a payroll, keep small business spread sheets, prepare receipt information for tax purposes exploring the practical applications in a CAM practice..

**CAM 421: History of Psychology (3 credits)**

This class examines the history of psychology and includes topics as ideas about the mind, historical and social development in the field of psychology, and exploring the theorists who have made major impacts in the field of psychology. Discussion and critical evaluation of psychology as a profession and a science including examining the major schools of thought: structuralism, functionalism, associations, behaviorism, Gestalt psychology, psychoanalysis, and psychoanalysis comparing and contrasting their role in health and healing.

**CAM 431: History of Western Medicine (3 credits)**

This class investigates the history of Western medicine including, medical establishments and healers, the theories of disease, issues of diagnosis and treatment. Topics also include the history of sickness and health, epidemiology, sanitation, vital social structures and human behaviors, and their attitudes toward disease.

**CAM 402: English 5-Writing for Case Presentation (3 credits)**

Course content will include reading of literary nonfiction that demonstrates a range of formal and aesthetic styles; workshop discussion of student works-in-progress; and writing assignments culminating in a written case presentation. Upon course completion, the student will understand the elements of nonfiction prose style, and have made satisfactory progress in writing.

**CAM 451: Case Taking (3 credits)**

Case taking is the process of collecting all the facts about the client, using various tools like observation, perception, and history-taking. in order to find the correct support for a client. Requirements for documentation and sample form development for practice



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purposes will be discussed. Students will develop personalized forms which meet local requirements in the setting that they practice in or intent to move towards..

### **CAM 422: Psychological Theory and Practice (3 credits)**

This course covers an in-depth analysis of the theories and methodologies used by psychologists and other mental health professionals to investigate behavior. Surveys of theories and research concerning core topics in psychology will be discussed.

### **CAM 432: Survey of Western Medicine (3 credits)**

Western medicine focuses upon the treatment of medical conditions with medications, by doctors, nurses and other conventional healthcare providers who employ methods developed according to Western medical and scientific traditions and including surgery, chemotherapy, radiation, and physical therapy. The student will compare and contrast the training and practice Western Medicine are doctors, nurses, physical, occupational, and respiratory therapists in order to understand how health is managed in Western Medicine.

### **CAM 403: English 6 / Scientific Writing (3 credits)**

This course introduces key concepts and practices of professional and technical writing. You will learn project development and management, field research, document design and visual rhetoric, and professional editing. This course will culminate in a writer's portfolio, which will include individual and team-based projects, including such media as documentation, pamphlets, press kits and reports

### **CAM 459: Senior Project/Case Presentation (3 - 6 credits)**

This class is intended to provide the student with an opportunity to investigate in some detail an area of special interest within complementary and alternative medicine, which has potential for advancing the student's understanding and professional development. The senior project takes the form of a scholarly paper of at least 15 pages in length with substantial referencing and citations to the literature which has informed. Additional expansion with the topic is possible for projects that extend beyond the normal class time.

### **CAM 423: Health Psychology (3 credits)**

The philosophy and principles between physical, psychological, social, and cultural effects on health and well-being will be examined. Study topics address: how people respond to medical information, consultations, treatment plans, and lifestyle changes. Students learn ways to prevent illness, reduce the progression of disease, educate and implement user-friendly health practices and wellness activities which may reintegrate and empower patients towards meaningful life pursuits. The interplay between emotion, cognition, behavior, and the health/dysfunction of body systems is reviewed. The course covers: 1) an introduction to different models of the pathways linking psychological and physical functioning; 2) the mechanisms by which psychological processes affect physical health. Other suggested topics include: reasons for illness, health preparedness, becoming pro-active and health awareness

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### **CAM 433: Energetic Ethics (3 credits)**

This class prepares students to approach complex moral issues with analytical precision, moral concern, and reflective judgment. From the question of informed consent to the very recent debate on health care, this course spans some of the most important social questions of our time: abortion, use of stem cells and embryos in research, euthanasia, experimentation on human beings. Participants will examine, analyze and evaluate conflicting positions on complex moral issues.

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### **CREDIT TRANSFER**

French Language could be substituted for two of the other classes.

There is a possibility to exempt out of classes that address the content through examination by one of the faculty. This is negotiated on an individual basis between student and supervising faculty.

### **PROGRAM COSTS**

This will be a two year, three 16 week terms per year. All classes will be online.

#### **Cost \$12,000 US.**

Students will be expected to spend a minimum of 20 hours per week on classes.

Options for payment will be:

#### **Option One:**

\$200 non-refundable registration fee

\$1000 down

\$525/month \$25 dollars is accounting service fee on installment payments.

Limited scholarships for \$500 to \$1500 may be applied for after commencement and success completion of the first three courses of study.

#### **Option Two:**

Student line of credit with explored by student.